



To Stress Less

Take a few moments every Wednesday to dedicate to yourself and do something to reduce your stress, so you can be healthier. Each month, the theme of the activities will change. Have fun, try some, try all, and find out the strategies that work best for you!



Move It More

Get some extra movement in today...dance while you wait on copies or cook dinner, go for a walk or run, jump rope, skip to the restroom, play hopscotch, wiggle it out, toss a ball around, play a sport—move and have fun!



Meditate Away

Think positive and try these out: Focus on what you can control, just smile, go to your happy place (in your mind), timeout before you burn out, go outside and look up at the sky, take a few deep, belly breaths—relax, enjoy, and smile!



Stretch It Out

Try a few stretches, some yoga poses, even use your resistance band and work out from Move It Virginia



Express Yourself
Laugh, Giggle,
Smile, Talk, Sing



Gratitude Get Away- Keep a gratitude journal, focus on at least one thing for which you are grateful, smile, find opportunities when faced with challenges, thank a colleague, spread kindness



DeTech to De-stress...take time to be present in the moment
Put the cell phone away, turn off the tv/computer/gaming device

